

Eating Disorder Recovery Resources Chicago



Registered Dietitians

Kate Merkle, MPH, RD, LD

Nourishment Works 312.533.0707
4633 N. Western Ave, Ste 202, Chicago

Erika Siesennop, MS, RD, LDN

Rising Root Nutrition 773.241.1747
2835 N. Sheffield Suite 511

Psychiatrists

Dr. Laura Carlson, MD 847.440.4423

The Juniper Center
737 N. Michigan Ave, Ste 2130, Chicago
(also in Park Ridge/ Northfield)

Dr. Robin Shapiro, MD 312.520-9603

480 Elm Place Ste 210, Highland Park
(directly off the Metra Union Pacific N stop)

Support/Therapy Groups

Groups at DASC (Depression & Anxiety

Specialty Clinic) For all groups, contact

Katie Lenahan, LCPC 773.236.1785 or

klenahan@dascchicago.org

3047 N. Lincoln Ave, Ste 400, Chicago

EMBRACING YOUR BODY, Monday 6-7:30p

MINDFUL YOGA & BODY MOVEMENT

GROUP, 1st Mon of the month, 6-7:30p

VALUES & COMMITTED ACTION IN ED

RECOVERY, contact for day/time.



Groups at Awakening

Center 3523 N. Lincoln Ave, Chicago
773-929-6262 awakeningintake@gmail.com
<http://www.awakeningcenter.net/drop-in-and-therapy-groups.html> for current calendar

DROP IN GROUPS (no registration needed):

~EATING DISORDER SUPPORT GROUP
~EATING DISORDERS ANNON. (EDA)

THERAPY GROUPS (screening required):

~ED THERAPY GROUP
~DBT GROUP
~MEDITATION BASICS
~EXPRESSIVE THERAPY GROUP

Attuned Eating & Body Image Skills Group

Nourishment Works, Thursdays 6-7:30p
4633 N. Western Ave, Ste 202, Chicago
312.533.0707 kate@nourishmentworks.com

Websites

ANAD (National Association of Anorexia and Associated Disorders)

www.anad.org

Eating Disorder Hope (*great booklist*)

www.eatingdisorderhope.com

Health at Every Size (HAES)

<https://haescommunity.com>

The Joy Project <http://joyproject.org>

NEDA (National Eating Disorders Association)

www.nationaleatingdisorders.org

The Body Positive Institute

www.thebodypositive.org

Something Fishy

<http://www.something-fishy.org/>

Books

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too JENNI SCHAEFER & THOM RUTLEDGE, LCSW

Intuitive Eating: A Revolutionary Program That Works EVELYN TRIBOLE, MS, RD & ELYSE RESCH, MS, RD, FADA

Life Beyond Your Eating Disorder: Reclaim Yourself, Regain Your Health, Recover for Good JOHANNA KANDEL

The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-care JUDITH MATZ, LCSW

The Mindfulness & Acceptance Workbook for Bulimia: A Guide to Breaking Free from Bulimia Using Acceptance & Commitment Therapy EMILY K. SANDOZ, PhD, KELLY G. WILSON, PhD & TROY DUFRENE

Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks THOMAS F. CASH, PhD

Crave: Why You Binge Eat and How to Stop CYNTHIA M. BULIK, PhD

Health at Every Size: The Surprising Truth About Your Weight LINDA BACON, PhD